

## **ABSTRACT:**

A light-weight construction core made of wood for sliding bodies, e.g., skis, in particular cross-country skis, having grooves or slits (3), respectively, arranged in longitudinal rows, which grooves or slits extend in the longitudinal direction of the ski and are offset row-wise relative to each other, wherein the grooves or slits (3), respectively, preferably in the binding region are formed to be open towards the running surface only and - viewed in longitudinal section - are designed to be circular-arc-shaped or elongate having rounded corners.